



## Heights Community Center, Senior Program September 2015 Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2 <u>Bone Builders</u> 10 – 11 <u>Zumba Gold</u> 11 – 11:30 <u>Walking Group</u> 11 <u>Better Choices, Better Health</u> 1-3:30	3 <u>Mah Jongg</u> – 1-4	4 <u>Bone Builders</u> 10 – 11 <u>VNA Walk-in Blood Pressure Clinic</u> 9:30 - 11 <u>Craft Group</u> 11 – 12:30 <u>Walking Group</u> 11
7 Labor Day Offices Closed  	8	9 <u>Bone Builders</u> 10 – 11 <u>VNA Senior Health Clinic</u> 9-12 <u>Zumba Gold</u> 11-11:30 <u>Walking Group</u> 11 <u>September Lunch</u> – 11:45 <u>ServiceLink speaker – 12:30</u> <u>Better Choices, Better Health</u> 1-3:30	10 <u>Mah Jongg</u> – 1-4	11 <u>Bone Builders</u> 10 – 11 <u>Knitting Group</u> 9:30 - 11 <u>Book Discussion</u> 11 – 12:30 <u>Walking Group</u> 11
14 <u>Bingo</u> 10 – noon <u>Walking Group</u> 11	15	16 <u>Bone Builders</u> 10 – 11 <u>VNA Senior Health Clinic</u> 9- 12 <u>Zumba Gold</u> 11-11:30 <u>Walking Group</u> 11	17 <u>Mah Jongg</u> – 1-4	18 <u>Bone Builders</u> 10-11 <u>Craft Group</u> 11 – 12:30 <u>Walking Group</u> 11
21 <u>Bingo</u> 10 – noon <u>Walking Group</u> 11	22 1-2 <u>ServiceLink</u> <u>Medicare</u> <u>Specialist (by appointment)</u>	23 <u>Bone Builders</u> 10-11 <u>Walk In Wednesday</u> 10 –12 <u>Zumba Gold</u> 11-11:30 <u>Walking Group</u> 11	24 <u>Mah Jongg</u> – 1-4	25 <u>Bone Builders</u> 10-11 <u>Knitting Group</u> – 9:30 – 11 <u>Trivia</u> 11 - 12 <u>Walking Group</u> 11
28 Sunset Club Bingo 10 – Noon <u>Walking Group</u> 11	29	30 <u>Bone Builders</u> 10-11 <u>Zumba Gold</u> 11-11:30 <u>Walking Group</u>		

## Heights Community Center, Senior Program September 2015 Calendar

### At a Glance.....

VNA Blood Pressure Clinic—Friday, September 4, 9:30 – 11:00

Zumba Gold - Every Wednesday 11:00 – 11:30

Walking Group - Every Monday, Wednesday & Friday 11:00 -Noon

Mah Jongg – Every Thursday, 1:00 – 4:00 pm.

September Lunch - Wednesday, September 9, 11:45

**ServiceLink speaker – Wednesday, September 9, 12:30**

Craft Group-Friday, September 4 and 18, 11:00—12:30

Knitting Group – Friday, September 11 and 25, 9:30 – 11:00

Book Discussion—Friday, September 11, 11:00—12:30

Trivia—Friday, September 25, 11:00—noon

**ServiceLink Medicare Specialist – September 22, 1 -2**

VNA Senior Health Clinic—Wednesday, September 9 and 16, 9:00 –Noon

VNA Walk-In Wednesday—September 23, 10:00—Noon

Better Choices, Better Health™ - Wednesday, September 2 and 9, 1-3:30

**All seniors age 50+ are welcome to join  
any activity. For more information contact Becky at 230-4982 or  
Rbukowski@ConcordNH.gov.**

**September Lunch**—free for seniors 60+ with a suggested donation of \$2. Seniors under age 60 the cost is \$6. See flyer for lunch menu. Registration is required by September 4th.

**ServiceLink Speaker – Anita Oelfke, CIRS-A, a Medicare Services Coordinator with ServiceLink will be speaking about Medicare. Sign-up to attend at 230-4982 or Rbukowski@ConcordNH.gov or at the senior tables.**

**Zumba Gold** – a fun, easy dance activity for seniors of all activity levels. Cost is \$3 per person per class.

**Craft Group**— bring your craft ideas or come and make decorated gift bags, greeting cards, trivets, jewelry, etc.

**Mah Jongg**— for experienced players.

**Knitting Group** –come and learn to knit, or come knit with us and share your expertise if you are an experienced knitter.

**ServiceLink Medicare Specialist – Anita Oelfke, CIRS-A, will be available to answer individual questions. By appointment – see Becky to schedule.**

**Book Discussion Group**—we will be discussing The Buddha in the Attic, by Julie Otsuka. See Becky to borrow the book.

**Walking Group**-come walk with friends indoors in the comfort of the Community Center or walk outdoors on a marked path. Each time you complete 2 miles enter your name into a raffle for a \$25 gift card.

**Trivia**—Recalling information from the past is a fun way to exercise your mind. Questions about history, sports, pop culture, music and movies are the theme. Fun and prizes!